

How does smoking affect my diabetes and kidneys?

If you already have kidney disease, smoking can worsen any blood vessel, heart, and kidney problems. Kidney cancer is also more common in smokers.

Smoking and diabetes are a dangerous mix. Smoking raises your risk for many diabetes problems. If you quit smoking,

- you will lower your risk for heart attack, stroke, nerve disease, kidney disease, and **amputation**, which is surgery to cut off a body part
- your cholesterol and blood pressure levels might improve
- your blood **circulation** will improve

If you smoke, stop smoking. Ask for help so that you don't have to do it alone. You can start by calling 1-800-QUITNOW or 1-800-784-8669.

